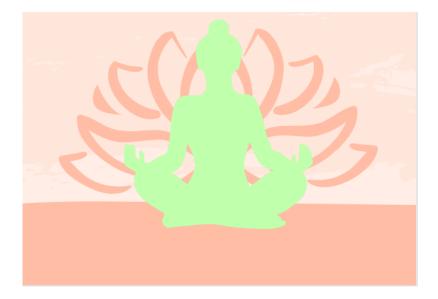
## MEDITATION GROUP

## **COMMUNITY PROGRAMS**

Join us for a six-week, guided meditation group to support relaxation and emotional wellness.



When:	Thursdays, Mar 30—May 4, 2023
Time:	1:00-2:00 pm
Location:	Perth and District Union Library
	30 Herriott Street in Perth
To Register:	Please call 613-283-1952 x286



Your Community Health Centre



RCHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.